



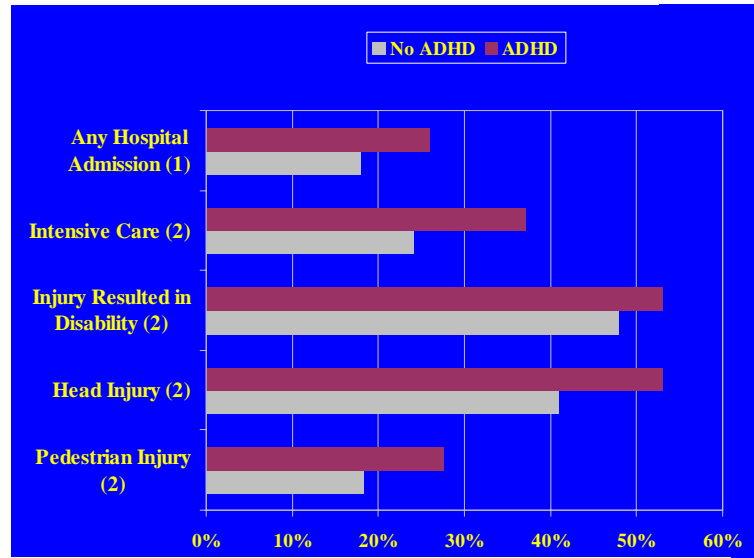
Attention-Deficit/Hyperactivity Disorder —Injuries & ADHD

Children and adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD) can have more frequent and severe injuries than peers without ADHD.

Injuries and Hospital Use in Children and Adolescents With and Without ADHD

Research indicates that children with ADHD are significantly more likely to be injured as pedestrians or while riding a bicycle, to receive head injuries, injure more than one part of the body, and be hospitalized for accidental poisoning. Children with ADHD may be admitted to intensive care units or have an injury result in disability more frequently than other children^{1,2}.

Children with ADHD appear to have significantly higher medical costs than children without ADHD. Health care costs for each child with ADHD may be more than twice as high as medical costs for children without ADHD³.



1. Leibson, C., et al January 2001
2. DiScala, C., et al. 1998

The main traits of ADHD—inattention and impulsivity/hyperactivity—may place a person with ADHD at greater risk for certain types of accidents and injuries.

Further research is needed to understand what role ADHD symptoms play in the risk of injuries and other disorders that may occur with ADHD. For example, a young child with ADHD may not look for oncoming traffic while riding a bicycle or crossing the street, or may engage in high-risk physical activity without thinking of the possible consequences. Teenagers with ADHD who drive, may have more traffic violations and accidents and twice as likely to have their driver's licenses suspended than drivers without ADHD⁴.

Much of what is already known about injury prevention may be particularly useful for people with ADHD. (See NCIPC for these and other injury prevention suggestions). <http://www.cdc.gov/ncipc/about/about.htm>

- Ensure bicycle helmet use.
- Remind children as often as necessary to watch for cars and to avoid unsafe activities.
- Supervise children when they are involved in high-risk activities or are in risky settings, such as when climbing or when in or around a swimming pool.
- Keep potentially harmful household products, tools, equipment and objects out of the reach of young children.
- Teens with ADHD may need to limit the amount of music listened to in the car while driving, drive without passengers and/or keep the number of passengers to a chosen few, plan trips well ahead of time, avoid alcohol and drug use and cellular phone usage.
- Parents may want to enroll their teens in driving safety courses before they get their driver's license.

1. Leibson, C., et al. Use and Costs of Medical Care for Children and Adolescents With and Without Attention-Deficit/Hyperactivity Disorder, *JAMA*, 3 January 2001, 285 (1):60-66.

2. DiScala, C., et al. Injuries to Children With Attention Deficit Hyperactivity Disorder, *Pediatrics*, December 1998, 102(6):1415-1421.

3. Guevara, J., et al. Utilization and Cost of Health Care Services for Children With Attention-Deficit/Hyperactivity Disorder, *Pediatrics*, July 2001, 108(1):71-78.

4. Barkley RA., et al. Driving related risks and outcomes of attention deficit hyperactivity disorder in adolescents and young adults: a 3-to5 year follow up survey, *Pediatrics*, August 1993; 92(2):212-218

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